

# less waste - more taste: maximize your produce

article from <http://azsustainably.com> written by Tracy Perkins & James Towner  
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Tips for finding fresh produce and keeping it that way!

1. Buy Local
2. Start a Garden
3. Buy less more often
4. Store your produce properly

Store unwashed and in a single layer

Store unwashed and in a plastic bag

Store in a paper bag

\*Ethylene producers

(keep away from other fruits and vegetables)

## Store in Refrigerator

Apples (storage >7 days)  
Apricots  
Cantaloupe  
Figs  
Honeydew  
  
Artichokes  
Asparagus  
Beets  
Blackberries  
Blueberries  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery

Cherries  
Corn  
Grapes  
Green beans  
Green onions  
Herbs (except basil)  
Lima beans  
Leafy vegetables  
Leeks  
Lettuce  
Mushrooms  
Okra  
Peas  
Plums  
Radishes  
Raspberries  
Spinach  
Sprouts  
Strawberries  
Summer squash  
Yellow squash  
Zucchini

## Store on Countertop

Apples (storage < 7 days)  
Bananas  
Tomatoes  
  
Basil  
Cucumbers  
Eggplant  
Garlic  
Ginger  
Grapefruit  
Jicama  
Lemons  
Limes  
Mangoes  
Oranges  
Papayas  
Peppers  
Persimmons  
Pineapple  
Plantains

## Store in a Cool, Dry Place

Acorn squash  
Butternut squash  
Onions (away from potatoes)  
Potatoes (away from onions)  
Pumpkins  
Spaghetti squash  
Sweet potatoes  
Winter squash

**Ripen on Counter,  
Then Refrigerate**

Avocados  
Nectarines  
Peaches  
Pears  
Plums  
  
Kiwi